

# EXPOSED

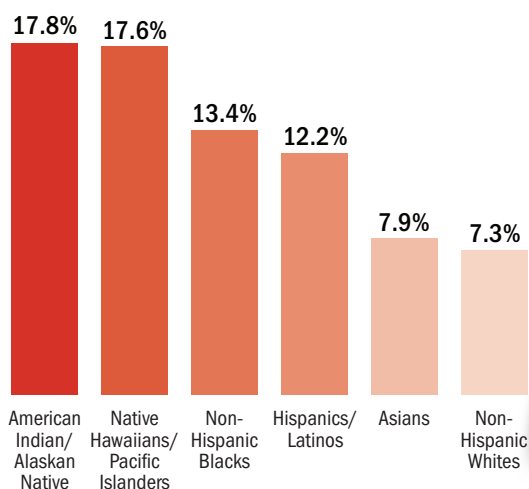
## WHAT YOU SHOULD KNOW ABOUT DIABETES

Diabetes is at record high levels in the U.S. The EVMS Strelitz Diabetes Center helps individuals battle the disease and lower their risk of developing complications.

### RACE AND ETHNICITY

Minority populations have a greater risk of developing type 2 diabetes and diabetes-related complications than non-Hispanic whites.

Percentage of adults aged 18 and over diagnosed with diabetes



### PREVALENCE

Southeastern Virginia has some of Virginia's highest incidences of diabetes and Western Tidewater leads Virginia in diabetes-related deaths.

Estimated percentages of the national, state and regional populations diagnosed with diabetes

United States

**6.9%**

Virginia

**9.8%**

**Southeastern Region\***

**10.6%**

\*Region includes all of South Hampton Roads, Peninsula, Western Tidewater and Eastern Shore

**86 million**

**adults—more than 1 out of 3—have prediabetes with blood glucose levels higher than normal.**



**9 out of 10**

**don't know they are prediabetic.**



### PREVENTION AND MANAGEMENT

Studies have shown that **diet, exercise and behavior modification** can reduce your risk of developing type 2 diabetes by **58%**.



Monitor blood sugar levels consistently throughout the day.



Visit your health professional on a regular basis.



Get 150 minutes or more of moderate-intensity aerobic activity every week.



Eat a diet high in vegetables and fruits and maintain a healthy weight.

**Learn more about the truth behind diabetes at [evms.edu/DiabetesRisk](http://evms.edu/DiabetesRisk).**

Sources: Centers for Disease Control and Prevention; National Center for Health Statistics; Virginia Department of Health.